

South Carolina Department of Health and Environmental Control WIC Program

FOOD GUIDE CRITERIA



Specifications for South Carolina WIC Food Products

Infant Cereals:

- ▶▶▶ No added fruit or formula
- ▶▶▶ Must contain 45 milligrams of iron per 100 grams of dry cereal

Infant juices:

- ▶▶▶ No infant juices will be approved
- ▶▶▶ Single strength adult fruit juice, frozen concentrated, or shelf-stable concentrated fruit juice must contain a minimum of 30 milligrams of vitamin C per 100 milliliters of single strength or reconstituted fruit juice

Milk:

- ▶▶▶ Pasteurized fluid whole, fat free, light, or reduced fat milk (1/2 gallons and gallons only)
- ▶▶▶ Nonfat dry milk
- ▶▶▶ Evaporated whole or fat free milk
- ▶▶▶ Cultured buttermilk
- ▶▶▶ Lactose-Free Whole, Lactose-Free Reduced Fat or Lactose-Free Fat Free Milk (quarts and ½ gallons only)
- ▶▶▶ UTH Milk (8 ounce only)
- ▶▶▶ All milk products must be unflavored and contain 400 International Units of vitamin D and 2,000 International Units of vitamin A per fluid or reconstituted quart (.9 liter)

Cheese:

- ▶▶▶ Block style or sliced whole, lowfat, low cholesterol, and/or low sodium cheeses
- ▶▶▶ No added ingredients such as peppers, sesame seeds, etc.
- ▶▶▶ No shredded, deli, specialty cheeses, cheese “spread”, or cheese “product”
- ▶▶▶ Currently approved cheeses: American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Swiss, and Provolone, Brick

Cereals for Women and Children:

- ▶▶▶ Must contain at least 28 milligrams of iron and not more than 6 grams of sugar per ounce of dry cereal
- ▶▶▶ Instant or cooked cereals must be plain-flavored only

Juice:

- ▶▶▶ Must be 100% fruit or vegetable juice (11.5/12 ounce frozen concentrate or 46 ounce can/bottle, or 11.5/12 ounce shelf stable concentrate only)

- »»» No added sugars
- »»» No calcium fortified juice
- »»» Must contain a minimum of 30 milligrams of vitamin C per 100 milliliters of single strength or reconstituted frozen concentrate juice

Eggs:

- »»» Grade A, medium or large size, white only

Dry Peas or Beans:

- »»» No mixtures or flavoring
- »»» No green beans or peas
- »»» 1 pound bag only (no boxes)
- »»» 8 ounce or 16 ounce canned mature plain or baked beans or peas

Peanut Butter:

- »»» May not contain added flavoring such as jelly
- »»» Smooth only
- »»» 18 ounce container only

Tuna:

- »»» No resealable packages
- »»» Water or oil packed
- »»» Chunk, grated, flakes, or solid pack
- »»» White, light, dark or blended

Carrots:

- »»» 1 or 2 pound sizes only
- »»» Raw, frozen, or canned carrots not exceeding 2 pounds total
- No baby carrots

Food items submitted for eligibility must include the following:

- 1. Copies of actual package flats.**
- 2. Nutrient analysis for 100 grams of the product.**
 - ✓ i.e. milligrams of iron per 100 grams of cereal, milligrams of Vitamin C per 100 milliliters of single strength or reconstituted juice, milligrams of sucrose and sugars per 100 grams of cereal, etc.
- 3. Ingredient listing descending by weight.**
 - ✓ Verification of 100% fruit or vegetable juice must be included.
- 4. All available forms of the product.**
 - ✓ i.e. single strength versus frozen concentrate, cold versus hot, etc.
- 5. Types and sizes of all package containers.**
 - ✓ i.e. 64 fluid ounce cardboard cartons, 32 fluid ounce glass/bottles, 1 ounce, 1.5 ounce, 20 ounce boxes of cereal, etc.
- 6. Average/suggested retail price for product per container size.**
- 7. Length product has been available in the South Carolina market.**
- 8. Store distribution list for the product in South Carolina.**
 - ✓ All major chains that currently sell the product must be included.
- 9. Product Literature providing additional details.**